



FROM THE HOMEFRONT



What's Inside This Issue

Wing Family
Readiness 2

Kitchen Spoons
& Combat
Boots 2

Military OneSource..... 3

ESGR..... 3

Child & Youth..... 4

VT Veteran Mental Health
Counselor 5

Vermont Veterans
Outreach 5

Personal Financial
Services 6

VTARNG State Chaplain
..... 6

Prepandenss Flyer..... 7

Strong Bonds Flyer..... 8

MKVT Celebrates 5 Years
Flyer 9

Contact Information
& Upcoming Events..... 10

A Note From the Director, Family Programs



We do a great deal of planning when we have children—who will be their childcare provider, who their pediatrician will be, what schools they will go to and so forth. We could never have planned for what is facing our children right now. Whether they are in middle or high school or college, they are dealing with one unsettling change after another.

The same goes for all of our parents who are trying to navigate the new educational tier system while keeping their children safe. Parents asking themselves what is the best choice? Will I look back and feel I made the wrong decision? It is normal to feel these anxieties and doubts, but know you are doing the best you can in the moment. There is no crystal ball available to see the outcomes for any of us.

We've all heard the experts tell us how resilient children are. While it will be hard for them not to see their friends because they are on opposite days in the classroom and they will tire of all the new rules of taking temperatures, wearing masks, etc. most children will adapt. Some will take the changes in stride, and others will have more difficulty with it. On the following pages, we have articles that we hope will contain helpful information and resources that you can use.

We at Family Programs don't pretend we have any answers—we are muddling through with the rest of you, hoping WE are making the right choices for our families as well. But what we can do is listen, assist and help connect you to the resources you need. Our 24/7 Military and Family Support Center is always open at 888-607-8773. The support center will connect you to the Family Programs staff member who can assist you.

In the meantime, breathe, we are in this together.

DAVID C. LEONARD
Director, Family Programs
Vermont National Guard
(Office) (802)-338-3391
email: david.c.leonard3.civ@mail.mil



Check us out on Facebook!
<https://www.facebook.com/VTNGFamilyPrograms/>



Airman and Family Readiness Manager



Greetings from your Airman and Family Readiness Office! We hope that you have been able to enjoy the summer with your family. It has been a different one for sure, with a lot of entertainment venues not open and many travel restrictions.

A couple hundred of our airmen and our F-35 Jets completed a successful training in Wisconsin called Northern Lightning that also involved other units. The training is an important step in becoming "Mission Ready". We will be sending off several of our airmen from our Mission Support Group on an overseas deployment starting in September, lasting 6-8 months. More will be deploying in January, which will also be a 6-8 month deployment. Please keep them and their families in your thoughts.

It is that time of year that families are preparing their kids for the new school year. It will look very different from a "normal year", with many schools having a hybrid school schedule, involving both in-class learning and remote learning from home.

For a limited time Air Force Aid Society will offering a one-time \$250 grant to eligible Air Force families with a financial need to help with virtual schooling costs for school supplies of their dependents in grades K through 12. The link to apply is <https://afas.org/virtual-schooling-grant/>

ELIGIBILITY

Active Duty Airmen, AF Reserve (AFR) and Air National Guard (ANG) on continuous Active Duty orders for more than 15 days under Title 10, Air National Guard AGR (Full-Time, Title 32, 502(f) only) and Retirees and Widow(er)s WITH dependents listed in DEERS in grade K-12

THE APPLICATION PROCESS

Applications will be submitted to Air Force Aid Society HQ for review.

Applications must be complete and all documents received at AFAS HQ before request can be approved.

Approved applicants will receive a check from AFAS by mailed to the applicant's home address.

This opportunity is made available from a donation made to AFAS. Once funds are exhausted the program will end.

QUESTIONS?? Call 703-972-2650, option #6 or email 811FSS.pentagon.afrc@us.af.mil

Mary Mahoney

158th FW Airman and Family Readiness Manager

802-652-8035 office

802-238-8645 cell - email: Mary.k.mahoney13.civ@mail.mil



Kitchen Spoons & Combat Boots

VA Benefits September 2nd, 2020 at 7:00 PM

Are you or your significant other a military veteran? Do you often wonder what benefits or services apply to you? To gain knowledge of earned entitlements, join us virtually, Wednesday, September 2nd for a comprehensive overview of veteran services and benefits

During this webinar we will be discussing

- VA Eligibility
- VA Benefits
- VA Health Care
- Vet Center vs. VA

Check us out online at:

http://www.ngfamily.vt.gov/ks_and_cb_page.html



Upcoming Monthly Webinars

Wednesday, Oct 7

Hosting the Holidays? Don't Break the Bank

**OCT
7**

Wednesday, Nov 4

Mindfulness: The Antidote For Worry

**NOV
4**

Wednesday, Dec 2

Winter Activities: Breaking Through With Things To Do

**DEC
2**

To join the meeting from your computer, tablet or smartphone:

Click on the link below!

<https://militaryonesource.zoom.us/j/3015674328>

(Please utilize the "chat box" to be heard)

To access audio, dial by phone: 1 (646) 876 9923

Meeting ID: 301 567 4328

Questions: Call Marcie Caulfield at 802-338-3164 or Michaela LaCoss at 802-338-4317



Alternative Child Care Options

New, Free Access to Flexible, Online Child Care Service

Through Military OneSource, military families now have free access to a national database of more than a million caregivers so they can find hourly, flexible and on-demand child care. The nationally recognized subscription service lets you:

- Search based on your own needs and criteria
- Find potential care providers
- Check references
- Review background checks

You can even interview caregivers through the service. It's easy to access and is a virtual solution allowing you to choose, hire and pay providers on your terms.

Ready to get started?

Use your Military OneSource account to set up your free access to the child care service. Log in to your existing account or create an account by visiting this unique link:

<https://www.militaryonesourceconnect.org/achievesolutions/en/militaryonesource/childCareServices.do>
you will receive a unique subscription code and establish your child care service account.

Steps to Obtain Your Subscription Code

Follow these steps to set up your account for expanded child care options:

1. Log in to your Military OneSource account. Don't have an account? Create a free account now, and then return to this page.
2. After you've logged in successfully, you'll be taken to our Member Connect page where you'll see a unique member code and link. Copy the member code.
3. Click on that link to go to the child care service page where you will input your member code and register to set up your account.
4. In the future, return directly to the child care service's homepage to access care and search for providers.

Questions? Contact Military OneSource

Have a question about the new child care offering or need help getting started? Military OneSource consultants are specially trained to help service members and their families set up accounts and get started on researching child care options. Reach out 24/7 by calling 800-342-9647 to schedule a consultation.

Marcie Caulfield ~ Office: (802)-338-3164 Cell: (802)-233-9694
email: marcie.caulfield@militaryonesource.com



Employer Support of the Guard and Reserve (ESGR)

Talk to Your Employer

Many employment challenges can be avoided by being candid with your employer about your obligations as a member of one of the Reserve Components. Don't take your employer's support for granted!

Keep your supervisor informed about your Guard or Reserve duties. The earlier you provide your supervisor with drill schedules, annual training plans and any extra time-off requirements, the more smoothly things will go. Remember you must give your employer advance notice of any military service whenever possible; it is recommended that this be done in writing. Giving employers the maximum lead-time enables them to plan for your absence.



Federal Law

Know your rights and responsibilities as outlined by Federal law in the Uniformed Services Employment and Re-employment Rights Act (USERRA). The law guarantees the right to take time off from work to meet your military responsibilities. If you, your supervisor and your personnel office are familiar with USERRA, potential misunderstandings can be minimized. ESGR is a free resource that can help you understand your rights and responsibilities under USERRA, and assist your employer with USERRA compliance. <https://esgr.mil/USERRA/Frequently-Asked-Questions>

Vermont State Chair

The Vermont Committee of the Employer Support of the Guard and Reserve (VTESGR) is looking for their next ESGR State Chair. This is a volunteer leader position that guides a small team of like-minded volunteers and one full-time support staff member towards the National and State-level program goals.

Anyone interested in learning more about Vermont ESGR and the Chair position should contact Ms. Linda Fowler at: linda.fowler10.ctr@mail.mil or 802-338-4187.

Thoughts From Our State Youth Coordinator



The 2020-2021 School Year is starting up with many variations of ‘Opening’ throughout VT and beyond. As you, and your kiddos, family, school, community, state, country and world head into this next chapter of our Covid-19 journey please keep in mind that this ‘journey’ has been traumatic and is one that NONE of us have ever taken. As schools across Vermont have been preparing, many of them are looking to ‘The National Child Traumatic Stress Network’ (NTSCN). NTSCN has developed a “Creating, Supporting and Sustaining Trauma-Informed Schools: a System Framework.” This program will help schools consider how in the time of COVID-19, schools can adapt or transform their practices by using a trauma-informed approach to help children feel safe, supported, and ready to learn.

The following is a brief synopsis, to learn more visit <https://www.nctsn.org/>

The uncertainties of the COVID-19 pandemic have challenged school systems to transform the ways that they connect with, teach, and support students and families. These changes also offer school systems the opportunity to build on the relationships they have formed with each other and with their students and families, utilizing a community network system.

Why a Trauma-Informed Approach during the COVID-19 Crisis? It assures parents and caregivers that the school community is strengthening their child’s well-being, thereby allowing families to reinforce the importance of learning.

What Does It Mean to Be “Trauma-Informed?” The NCTSN defines it as: “all parties involved recognize and respond to the impact of traumatic stress on those who have contact with the system including children, caregivers, staff and service providers.” They collaborate with all those who are involved with the child, using the best available scientific evidence, to maximize physical and psychological safety, facilitate the recovery or adjustment of the child and family, and support their ability to learn and to thrive.

Promotes school success for trauma-impacted students through a whole-school approach utilizing the response to intervention multi-tiered framework.

Research has explored integrated approaches to care for traumatized students in schools. Increasingly, research has pointed to implementation of multi-tiered programs to trauma-informed care for traumatized students in schools. A brief explanation can be seen in the graphic below (left), its



Essential Elements of a Trauma-Informed School System

- Identifying and assessing traumatic stress
- Addressing and treating traumatic stress
- Teaching trauma education and awareness
- Having partnerships with students and families
- Creating a trauma-informed learning environment (social/emotional skills and wellness)
- Being culturally responsive
- Integrating emergency management & crisis response
- Understanding and addressing staff self-care and secondary traumatic stress
- Evaluating and revising school discipline policies and practices
- Collaborating across systems and establishing

Trauma Informed Schools for Children K-12: A System Framework

1. The Physical and Emotional Well-Being of ALL
2. Creating a Trauma-Informed Learning Environment
3. Identifying and Assessing Traumatic Stress
4. Addressing and Treating Traumatic Stress
5. Trauma Education and Awareness
6. Partnerships with Students and Families
7. Cultural Responsiveness
8. Emergency Management/Crisis Response

Trauma-Informed School System” (top right), and the “Trauma Informed Schools for Children K-12: A System Framework” (bottom right):

Brian Stoudnour
Lead Child & Youth Program Coordinator- Contractor
O: 802-338-3369 | M: 802-310-6745 |
brian.r.stoudnour.ctr@mail.mil



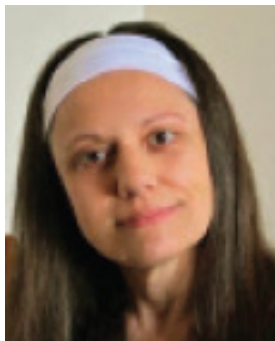
Download the “ARNG CYS” Mobile App for Apple & Android!



Check us out on Facebook!

<https://www.facebook.com/VTNGCYP/>

VT Veterans Mental Health Counselor



September is National Suicide Prevention Month. World Suicide Prevention Day is September 10th.

We know that nearly 48,344 Americans died by suicide in 2018. That makes it the 10th leading cause of death in the United States. The numbers could be even higher because mental health stigma and taboo prevents many people from reaching out and asking for help.

Being aware of the warning signs could reduce both suicide attempts and deaths, though. Asking the simple question, "Are you having thoughts of suicide?" could ultimately save a life.

There is no single reason why someone might contemplate suicide. Suicide does not discriminate by age, gender, wealth, race, religious preference or sexuality. Someone thinking about suicide may be experiencing symptoms of a mental illness, or a variety of life stressors. It could be loss of a loved one, financial strain, relationship issues, losing a job, changes in health,

or another significant life change.

Common warning signs that someone may be thinking about suicide include:

Changes in mood, giving away prized possessions, putting final affairs in order, withdrawing/isolation, changes in physical appearance, prior suicide attempts, alcohol or drug use, high-risk behaviors/recklessness, sleeping too little or too much, displaying rage or talking about wanting revenge, making statements with themes of hopelessness, helplessness, and fear of becoming a burden, making verbal suicide threats, such as "I want to die" or "I'm going to kill myself," any other significant changes.

Trust your gut. If you're concerned that something feels different or wrong, it probably is. If you are someone you know needs emotional wellness support please call the National Suicide Prevention Lifeline: 800-273-TALK (8255) or text the Crisis Text Line: Text VT to 741741 (Free, 24/7, Confidential) or call 911, or call for an appointment with a military therapist today.

<https://afsp.org/about-suicide/suicide-statistics/>

Charlene Caiano

email: charlene.a.caiano.ctr@mail.mil

Ph: 802-338-3445

Vermont Veterans Outreach



Hello, my name is Nicolas Thornbro and I am the Outreach Specialist for the Chittenden County area. My office is located in the Williston Armory and I am available to meet in person (under social distancing guidelines), over the telephone, or online though Slack or Teams.



At this point in the COVID crisis most agencies have learned how to adapt their services to support our Veterans and their Families. Please do not hesitate to reach out for assistance on personal and professional matters before they become issues. My team and I are connected to the community and are tracking methods of interaction and referral as they evolve throughout the crisis. We are still able to support individuals dealing with the VA, or, folks who just need a helping hand with bills or food security. We cover it all.

If you need something, just ask! If we cannot do it, we know who can!

Also, if you have deployed, take time to complete the Burn Pit Registry online. I realize it is inconvenient and many feel it doesn't pertain to them as they do not feel anything is wrong with them. What it does do is allow the VA to build a database which empowers them to address medical issues as they arise. I have two friends who developed rare forms of cancer in Iraq with their only common factor having been stationed at Iskandariya. The VA was able to identify everyone who reported being at FOB Iskan on the Registry and notified them to go get checked out. If we want the VA to be proactive in our treatment then we must do our part to empower them with the tools necessary to be proactive.

You can reach us at our 24/7 Support Line at 888.607.8773

Nicolas Thornbro Vermont Veterans Outreach Specialist

Office: 802.338.4316 Cell: 802.734.2123



Check us out on Facebook!

<https://www.facebook.com/vtvfot/>

Personal Financial Services



It is that time again, even in this strange new world we are living in: Back to School. Whether your children will go in person, online or a little bit of both, this is still a great time to teach your kids about financial literacy.

The National Retail Federation is forecasting nearly \$34 billion in back-to-school spending in 2020 for parents with elementary to high school children, breaking the record of more than \$30 billion in 2012. The 2020 projections far exceed the \$26.2 billion in expected spending for 2019.

Do you have school age children? Share with them what the back to school budget is, start with small numbers for the younger kids and raise the dollar amount they can spend as they get older. Guide them through comparing prices, show them how sale items and coupons can

make a big difference in how much they can get. This will hopefully start the conversation about 'needs' versus 'wants', let them make the choices, sometimes one is better than four, but the decision will be theirs to make.

If your kids aren't old enough for back to school, the US Mint has some great interactive games and activities to teach children about money www.usmint.gov/learn/kids. This is a great way to get your children started on the road to good financial health. Sit down with your young children and let them feel money, trace the coins with their fingers, our society doesn't use cash a lot anymore so seeing it and feeling it is a good way to make it a concrete concept.

How about if your children are closer to graduation than just starting out? Let them know what you have budgeted for back to school items such as \$50 for new sneakers and they choose ones for \$30 and they get to keep the difference! The concept of 'needs' versus 'wants' becomes crystal clear when they are motivated to spend less. This can also start the conversation about saving versus spending.

Many banks and credit unions have no fee youth savings accounts, it is never too early to teach your children about saving and spending money wisely.

Megan Sather ~ Personal Financial Counselor (Contractor) ~ Cell: 802-318-2507 ~ megan.j.sather.ctr@mail.mil

VTARNG JFHQ State Chaplain



Proverbs 30:24-25 (ESV) 24 Four things on earth are small, but they are exceedingly wise: 25 the ants are a people not strong, yet they provide their food in the summer;

This year as we prepare to send our kids to school, it is going to look and feel a lot different! My kids go to school 2-days one week and 3-days the next week. They will not see half of their friends all school year because of how the school divided up each grade.

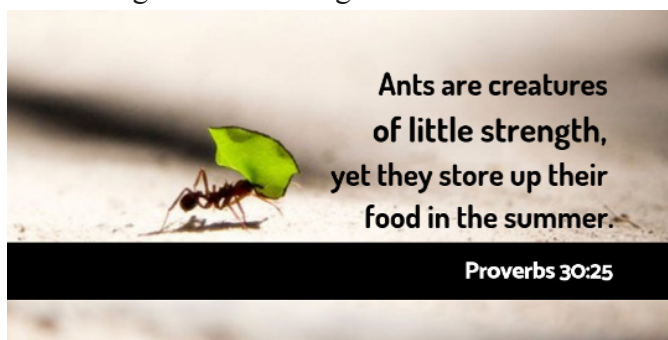
The teachers and parents have concerns and everyone is going to need to work together to help our children grow mentally, remain socially connected, and develop physically during the school year so that they are prepared to move forward.

The ants are considered wise by Solomon because they always work together. You never see an ant trying to carry the load. Instead, you see a group of ants working together to ensure the success of all the ants.

I am grateful for teachers and their dedication to teach our children, but parents are also going to need to be dedicated to helping the teachers to ensure their children are learning and connecting to their friends. While the ants work, they also encourage each other, and we also need to encourage one another.

There are lots of challenges we all face this school year, but let us remain connected to each other and help carry the load. Our children will adapt and grow and we will grow as well.

May the LORD bless you,
CH (COL) Brett Charsky



Check us out on Facebook!

www.facebook.com/VTNG-Religious-Affairs

**As of the printing of this newsletter, this in person event is a *GO!*
Any questions please contact the VTNG JOC 802-338-3050**



SEPTEMBER 12TH 1ST ANNUAL VTNG PREPAREDNESS DAY @ CEATS

From 0830 until 1230 on Gasline Alley at CEATS
Brought to you by JFHQ-VT Emergency Management along with
Family Programs and The Red Cross of Northern New England.



**Info sessions on
Preparedness
Activities and Kits by
The Red Cross**

**Static displays of
VTNG response
vehicles and
services**

**Preparedness Month
Coloring Contest
Prize Presentation**

**Free Preparedness
Kit Resources and
Items**

FOR MORE INFORMATION

Contact the VTNG JOC

802-338-3050



VERMONT ARMY NATIONAL GUARD SERVICE MEMBERS AND THEIR FAMILIES



There is still time to register

**The Vermont Religious Support team is pleased to
present a couples Strong Bonds offsite retreat on**

11-13 September, 2020

**The National Guard Bureau funded Strong Bonds events are designed
to strengthen relationships through communication, peer support and
Chaplain-led training exercises.**

**location: Stoweflake Mountain Resort - On the Mountain Road Stowe, VT
For more information, please contact Master Religious Affairs NCOIC
MSG Sanders at james.a.sanders78.mil@mail.mil**

Please Register For This Event At The Following Link:

<https://ems.strongbonds.org/eventregistration/540ef0b1-226e-ee30-1d79-11e9bf8aee63>



****Please note local area health regulations may continue to prohibit in-person events.***

Strong Bonds

Building Ready Soldiers and Families



MILITARY KIDS VERMONT IS TURNING 5!

MKVT invites you to celebrate our 5th year by sharing your sidewalk chalk creations! Email photos of your artwork to ALLISON.SMITH.2@UVM.EDU and they will be posted to the MKVT Facebook Page!



August 1st — September 30th

[HTTPS://WWW.FACEBOOK.COM/MKVERMONT](https://www.facebook.com/mkvermont)

GET OUTSIDE. BE CREATIVE. SHARE THE LOVE.

AND DON'T FORGET TO USE #MKVT5 IN YOUR ARTWORK!



KS&CB WEBINAR

Online



STRONG BONDS EVENT

Location TBD



PREPARDNESS EVENT

Jericho, VT



KS&CB WEBINAR

Online



KS&CB WEBINAR

Online



KS&CB WEBINAR

Online

Contact Information

DIRECTOR, FAMILY PROGRAMS

Dave Leonard

david.c.leonard3.civ@mail.mil
cell: 802-598-0140

AIRMAN & FAMILY PROGRAM MANAGER

Mary Mahoney

mary.k.mahoney13.civ@mail.mil
cell: 802-598-0202

VERMONT VETERANS OUTREACH

Andre Wing

andre.d.wing.ctr@mail.mil
cell: 802-881-5057

MILITARY & FAMILY READINESS CENTERS LEAD

Andrew Richard

cell: 802-598-0140

LEAD CHILD AND YOUTH PROGRAM COORDINATOR

Brian Stoudnour

brian.r.stoudnour.ctr@mail.mil
cell: 802-310-6745

VT VETERANS MENTAL HEALTH COUNSELOR

Charlene Caiano

charlene.a.caiano.ctr@mail.mil
Ph 802-338-3445

SURVIVOR OUTREACH SERVICES

Tammie Conner

tammie.l.conner.ctr@mail.mil
cell: 802-881-6632

TRANSITION ASSISTANCE ADVISOR

Chris Chaves

christopher.a.chaves.ctr@mail.mil
cell: 802-338-3354

VT VETERANS PERSONAL FINANCIAL COUNSELOR

Megan Sather

Office: 802-338-3446
megan.j.sather.ctr@mail.mil

AIR WING YELLOW RIBBON PROGRAM COORDINATOR

Kelli Langlois

kelli.j.langlois.ctr@mail.mil
cell: 802-751-5856

ARMY DIRECTOR OF PSYCHOLOGICAL HEALTH

Chuck Brewer

Office: 338-3494

AIR DIRECTOR OF PSYCHOLOGICAL HEALTH

Trish Dempsey, LICSW

trish.a.dempsey.civ@mail.mil
cell 802-557-7368

AIR WING CHAPLAIN

Capt Wilson Treftz

wilson.l.treftz.mil@mail.mil
cell 802-503-8618

ARMY CHAPLAIN

CH (COL) Brett Charsky

brett.e.charsky.mil@mail.mil
cell 315-481-0419

MILITARY ONESOURCE

Marcie Caulfield

marcie.caulfield@militaryonesource.com
cell 802-233-9694

